Natural Rearing Newsletter ©

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FOR THOSE THAT CHOOSE TO THINK FOR THEMSELVES

From The Desk Of: MARINA ZACHARIAS

I have some important news to pass along to you that I have been hesitant to speak of before.

During the many years that I have been working with holistic health care for our animals, I have seen many products come on to the market that in one way or another claim to "cure" this or that and usually I have greeted these with a large dose of skepticism . As a general rule "if it sounds to good to be true, it probably isn't" applies to many of these items and is particularly applicable to 'major' health problems where the orthodox medical community simply has failed to provide a workable answer.

In this topsy-turvy world we live in where thousands die each year from drug treatments and unnecessary surgery, while 'natural' medicine is condemned, it seems that the major companies are not really interested in a "cure" because the big bucks are really made from ongoing 'treatment' with pharmaceuticals that must be continued for the 'life' of the patient.

Logic would indicate that if there really was a 'cure' for anything major, the big boys would jump on it and everybody in the world would here about it! Unfortunately it just doesn't seem to work that way. Look at how long it took for acupuncture to be accepted in the USA even though it had an unsurpassed lengthy track record of being a viable form of medicine that could in fact 'cure' certain health problems. It is still scoffed at by the majority of orthodox health professionals!

With the current 'rules' if someone does have a 'cure' for anything major, they better have a few million dollars available to make it through the red tape before they dare tell anyone about it!! So let's not talk about 'cure', let's just talk about 'permanent relief' for a couple of common major health problems.

SWISS ALBINO MICE DON'T GET ARTHRITIS THE MYRISTIN™ STORY

If we turned the clock back to the 1950's, and looked at the National Institutes of Health in the Laboratory of Chemistry of the National Institute of Arthritis, Metabolic, and Digestive Diseases, we would find a researcher by the name of Harry W. Diehl hard at work developing new compounds. During his 40 year tenure he was involved with the creation of over 500 compounds, several of which were patented. His best recognized work was the development of a special type of sugar used by Jonas Salk, M. D. as a culture medium to grow the Salk polio vaccine virus.

His determination to do personal research on arthritis originated back in 1953 when a carpenter, living next door, developed this affliction and despite spending over $200,000 on treatments over the years, just kept getting worse and died a cripple. In Harry's words "Here I was working at the National Institute of Health, supposed to be in arthritis, but I never did see a darn thing we ever did that was any good. So I started a small lab at home and worked into the night. I was determined to find something to relieve my neighbor and the millions of people who have arthritis".

Isn't it strange how fate can sometimes play a role in new discoveries. In 1962, when Harry started his 'home research' he knew that in laboratory experiments it was a well established procedure to inject rats with an arthritis-producing substance (Freund's adjutant) that caused them to swell and curl up from the disease.

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The trouble was that the soft spoken Harry Diehl was a man of modest means and simply couldn't afford to buy laboratory rats for his own research. To help Harry out, a research doctor friend, working on pain killers at the time, offered Harry all the white mice he could use—free!

Harry took advantage of the offer but soon found that try as he might, he was unable to induce arthritis in any of the mice. Frustrated with his inability to create a laboratory disease model, he wrote to Dr. Fay Wood (a famous researcher at Berkley) explaining his problem with the mice. She wrote back and said "If you or anybody else can give Swiss Albino mice arthritis, I want to know about it, because these mice are 100% immune to arthritis".

This intrigued Harry and he began a long, arduous journey to discover the difference between rats that could readily be infected and his mice that were immune. After two years of concentrated effort he was able to isolate about four factors that he thought might provide the answer to his quest for a cure. It took another year of work to prove that the substance he was looking for was **"cetyl myrisoleate"** (a naturally occurring fatty acid ester).

With his limited means, Harry ran a small scale experiment. First he injected rats with the arthritis-causing compound which caused severe manifestation of arthritis in their legs and tails. Then he injected them with cetyl myristoleate. Results--the swelling left their joints and their crippled limbs began to straighten.

He then reversed the procedure. He first injected a new batch of rats with cetyl myristoleate followed by the injection of the arthritis-causing compound. No sign of arthritis developed in these rats. They were immune!

He went on to develop a synthetic process to produce cetyl myristoleate and felt that he had been successful in what he was trying to accomplish. He approached the big boys with his limited animal studies and was disappointed when he simply could not get anybody interested. So there it sat. A substance begging for further research as a possible cure and a possible immunity factor to a major health problem with no interest from the orthodox community!

In 1990 fate again stepped into the picture. Harry Diehl (by now some 80 years old) was afflicted with osteoarthritis in his hands, heels and knees. He could hardly walk and was in great pain. His doctor gave him cortisone shots to no avail and finally told him that there was nothing left but pain pills. In Harry's words "..So I thought here's this process I found years ago just laying there, nobody wants it, so why not try it on myself".

Did it work? According to Harry after first taking the compound in 1991 "..On January first it will be six years since I took any cetyl myristoleate myself at all, and I haven't had a pain anywhere, or any headaches or bronchitis since".

In 1994 Harry Diehl's original minimal animal study was published in the Journal of Pharmaceutical Sciences (Volume 83 No 3, March 1994) and currently the Diehl family has had some interest expressed by a couple of research hospitals for further investigation.

During the last few years, a few physicians have quietly used the compound on a few cooperative, knowledgeable patients, and have reported similar results to the Diehl family. There are also a few people that Harry has helped out by providing the compound in capsules for their arthritic conditions and they have written glowing testimonials as to its' effectiveness.

Not only has relief been reported from people with Arthritis, Osteoarthritis and Rheumatoid Arthritis but unexpectedly, benefit has also been reported from people with Hypertension, Headache, Bronchitis, Fibromyalgia, Lupus and even Hepatitis A, B, and C.

(I urge you to remember that these are all "anecdotal" stories and not backed by any double blind or other recognized human studies.)

In 1996 (at age 86) Harry turned over the project to his daughter Elaine and her husband Bill Parish. They formed a company called EHP Products Inc. to manufacture and supply the compound as a "food supplement". As of June 1996, it is available in capsules for oral ingestion under the brand name "MYRISTIN™". With the help of modern technology they have been able to slash the former retail price of $80.00 per cap in half to $40.00 per cap.

Although dosage will vary with a weight factor and severity of affliction, only one course of application followed 30 days later with a second course seems to do the job on a permanent basis. Anywhere from 4 to 12 caps at the rate of 2 caps per day comprises a course of application. When compared to ongoing treatment for relief, this short term "once and for all" treatment is relatively cheap!

When I contacted Elaine and Bill to find out more about the product I learned that because of the limited amount of formal research done they could not be exactly sure of the operating mechanism that is producing the indicated results. Apparently, Myrstin works well on any 'bone on bone' problem to provide lubrication where needed. I really got interested when they told me that Harry Diehl had a St. Bernard with **hip dysplasia** that was totally relieved of pain with Myrstin.

Of course nothing is going to replace degenerated bone loss, but think of the advantage with dogs that have been accurately diagnosed early (i.e. OFA testing) if the "immune factor" of Myrstin could prevent costly hip surgery and much pain at a later time!! This is only speculation on my part but I know what I would do if it were my dog.

So there you have it gang. Permanent relief for arthritic conditions, a possible preventative for arthritis and a potential major answer to the all to common problem of hip and elbow dysplasia. Sounds to "good to be true"? I agree!

So why am I telling you about it now? There is so much suffering going on with our animals that I chose not to wait for years while formal 'proof of the pudding' was forthcoming before writing about it. The safety factor has been tested in accordance with Federal regulations and no side effects or toxicity was detectable. As it can't hurt and offers an unusually good chance of helping, I felt that at the very least, you should be made aware of its existence.

BLUE GREEN ALGAE FOLLOW UP

Shortly after our last issue was published with an article on blue green algae, our local newspaper carried a story on the shut down of harvesting at Klamath Lake due to pollution problems reported from an independent analysis of the algae. As you are probably aware this lake is the source of the "Super" stuff as well as a few other brands.

A few days later in a follow up story, our paper mentioned that harvesting was being resumed with the assurances from the producers that "we always test for contamination" and there was no need for alarm.

A couple of weeks later a story was run concerning the President of the company producing the "Super" type of blue green algae. Evidently he was in trouble with the IRS for failure to report income and for tax evasion.

I couldn't help but wonder if this guy is willing to lie to the Government, how honest is the high powered hype on this product ?? How good are the assurances of in house testing??

I'll leave it to you to draw your own conclusions. Just thought you might like to know in case you missed it in your own newspaper.

1996 HOLISTIC VET CONFERENCE

This years' conference was held in Portland, Oregon and for me it was the shortest traveling distance I've had so far. Attendance was good with well over 200 care givers and quite a few 'newcomers'.

It's always a challenge to try to condense several days of intensive holistic veterinarian information into a few columns for our newsletter. There is so much wonderful work being done in this field by a relatively few people. Maybe someday we will see not only the spread of knowledge into the mainstream but hopefully some mandatory courses in a few fundamentals, such as nutrition, in veterinary schools .

Roger L. DeHaan, D.V.M., M.T.S.

Dr. DeHaan gave an interesting talk on the protocol he uses in selecting which nutritional support to use for cancer cases utilizing 'Applied Kinesiology' (AK) for each individual animal.

Although he focused on 'cancer' he did point out that most chronic and inflammatory disease can be considered to be involved with 'free radical damage' (ex. aging, arthritis, cancer, lupus, etc.). Thus the mechanism of reversal has to do with free-radical scavengers as well as immuno-stimulation.

I totally agree with his comment that "pet food is a prescription for disease". He also emphasized that when selecting products "QUALITY IS ALSO A KEY. CHEAP PRODUCTS ARE COMMONLY LESS THAN WORTHLESS. Health food store quality may be 1/10 the quality—not to mention possible negative results due to contamination, fillers and inferior processing".

Heading his list of products to consider was RAW FOODS. He then went on to list Enzyme Therapy, Pycnogenols (particularly grape seed extract), Vit. A, C, E, plus selenium, CoQ 10, Colloidal Silver, Essiac Tea, and several others including Shark Cartilage, Cats Claw and Pau D'Arco.

He demonstrated his AK method of selecting the KEY products that will do the most good for an individual case. He did caution the audience on the dangers of changing the biochemistry too quickly and to always ensure that the detoxification process is well supported . If done properly and in conjunction with blood work analysis and good diagnostics there will be rapid progress in the majority of the cases.

Michael T. Murray, N. D.

Did a beautiful job of destroying the "myth" that natural methods aren't scientific by pointing out that there are over 50,000 science articles to support its use. He neatly summed up the 3 steps needed before "truth" is accepted:
--Ridicule. Classed as "health nuts" or worse.
--Wider support from the public.
--All mainstream detractors turn around and then say it is there "banana".

He used "folic acid" to illustrate his point. This substance has been known and used for over 40 years but only now is the FDA saying this is a 'breakthrough' and giving its blessing. Think of how many children could have been born normal if the mainstream 'wheels' were not so influenced by the current 'ridicule' artists.

He provided an excellent comparison of natural products vs. Drugs for treatments of arthritis, peptic ulcers, prostate enlargement, depression and cerebral vascular insufficiency. In head to head comparison studies natural products produce better overall results with fewer relapses, are

safe and not associated with any side effects, but are largely unknown by physicians and patients.

William L. Inman, B.S., D.V.M.

Dr. Inman provided valuable information on "Veterinary Orthopedic Manipulation" (V.O.M.) for treating neurological and spinal disease in domestic animals.

Utilizing an instrument called an "Activator" very favorable results have been achieved for neurological dysfunction and chiropractic care for pets.

He said he has been successful in helping to prevent hip dysplasia by starting treatment from 6 months of age and continuing adjustments to 2 ½ years of age, by using the 'Activator'.

Unfortunately the boys from the "Empire" got into the act and in the state of Washington the practicing of chiropractic on animals by human chiropractors means suspension of his license by the Board of Governors. Dr. Inman was also forced to defend himself before the Washington Veterinary Board of Governors for utilizing V.O.M. in his practice. So the question becomes: if a licensed chiropractor cannot apply his healing modality to animals because they are not licensed to practice on animals, and if a licensed veterinarian cannot apply a hybrid technology to animals because it has an element of chiropractic medicine, then who can apply this obviously successful technology?

Nancy Scanlan, D.V.M.

Brought to light the many concerns with "Toxic Detox". Her emphasis was on the specific enzymatic functions used by the body in the detoxification process and the potential for harm if proper care and understanding is lacking.

The primary toxin processing organ is the liver. Water soluble toxins are excreted in the urine (excreted by the kidneys). Fat soluble toxins are excreted in the bile. If there is an excess of toxins, they circulate long enough to be picked up and stored in the fat. If the fat stores are filled, the toxins continue to circulate in the blood, causing damage to the mitochondria.

There are two primary phases to the enzymatic activity to look at concerning the production of a toxic detox reaction. If both Phase 1 and Phase 11 enzymes are plentiful in the liver, detox occurs quickly. If both Phase 1 and Phase 11 enzymes are low, detox occurs slowly. If Phase 1 enzymes are low, but Phase11 enzymes are high, the system will behave as if both enzyme phases are low.

If Phase 1 enzymes are high but Phase 11 enzymes are low, there is a great danger of a toxic detox reaction!

Feline livers are naturally deficient in Phase 11 enzymes. Unlike Humans and dogs, fasting with cats will not decrease toxic by-products associated with protein breakdown.

The first sign of problems is inflammation. It can be local (skin rashes) or more generalized (muscle and joint pain). Dandruff and foul breath can also occur. Diarrhea can also happen when toxins damage intestines. Later on, liver, kidney, muscle, heart, and brain damage can occur.

She went on to say that to therapeutically detoxify an animal, we need to remove from the diet foods which may contain toxins or food allergens. We need to give some protein to prevent the breakdown of muscle tissue but not enough to increase toxin load. In sick animals, we need to minimize fat breakdown, in order to delay entry of fat stored toxins into the bloodstream. (If overweight, this type of animal needs multiple detox sessions, with gradual fat breakdown). We need to give enough supplements to keep Phase 11 going at top speed without over stimulating Phase 1 and extra anti-oxidants to make up for excesses used in a speeded up Phase 1. We need to give supplements to prevent damage to mitochondria. If we run into diarrhea we need to replace nutrients lost as well as to guard against toxins absorbed.

I'm sure by this time many of the newcomers were questioning their standard "give a shot of cortisone" protocol for skin rashes or muscle or joint pain. At least I hope they were!

Robert J. SiLver, D.V.M., M.S.

Dr. Silver presented a great lecture on "Ayurveda" medicine for veterinarians. This is the ancient and traditional holistic healing system of India dating back to before 3,000 BC.

Because of the long history of use, Ayurvedic herbs can be used with confidence in veterinary medical applications. Their effects and side effects have been worked out in great detail.

In many ways Ayurvedic concepts in medicine closely parallel Traditional Chinese Medicine methods. Both rely on a principal of balancing energies within an individual body. Classification systems of both refer to opposites (ex. hot/cold, heavy/light, wet/dry, etc.). Both attempt to derive the proper therapeutic protocol to be used, based on the constitution of the patient (i.e. the disease diagnosis may be identical in different patients but the underlying cause of the disease may be totally different based on the overall profile of the patient. This can result in two totally different treatments for the same disease in different bodies).

He went on to detail many of the herbs commonly used in veterinary medicine. For each herb he described the botany, habitat, pharmacology, actions, applications, research, veterinary usage and dosage. (Some of the more interesting herbs were: Ashwagandha, Guggal, and Forskolli).

This is a very exciting field and I hope to bring you more information on these herbs in future issues.

Joyce C. Harman, D.V.M., M.R.C.V.S.

Dr. Harman cautioned the audience on the practical limitations of using Applied Kinesiology. AK is being touted for all the lay practitioners of any discipline as well as the professionals, and they are often told they do not need any knowledge to use the system. People test for mental disorders, physical diseases, toxins, allergies, energy imbalances, acupuncture points and nutritional supplements, believing that all they have to do is "just test the body, it does not lie". Though AK can be a useful technique, the way it is used often gives erroneous results while the practitioner is lead to believe that it is infallible.

In the teaching of AK, students are told about the influence of the mind. The ideal is to have the practitioner's mind completely clear. A negative thought can falsely reflect a weak muscle group. How many veterinarians (or other practitioners for that matter) go through the day and never have a negative thought? Unfortunately, it is very important to have knowledge to understand if the tests are in agreement with the clinical picture, and often the AK tests and prescriptions do not agree with the clinical picture!

Prescribing based on applied kinesiology tends to follow the practitioner's current belief system. Interestingly, when an AK practitioner is either making a great deal of money off a product, or believes a product is good, every animal seems to end up needing the product. When the practitioner moves onto a different product, suddenly all the animals need the new product.

Applied Kinesiology can be useful in areas where the practitioner has arrived at a diagnostic by standard means and is not sure between two products, which one would be the better choice. AK should not be used as a crutch to simplify the necessary holistic knowledge that must be brought to bear on each animal.

The International College of Applied Kinesiology issued a statement which includes the following: " The ICAK specifically does not approve of the use of manual muscle testing as a single method in determining an individual's nutritional needs".

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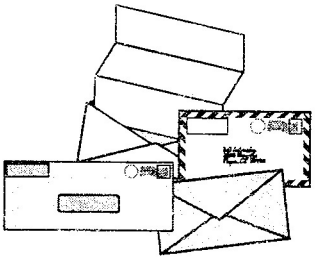
There were several other excellent presentations made including lectures on nutritional supplements (i.e. vitamins; pycnogenols; Coenzyme Q10, and many others which we have covered in previous issues of the newsletter); "Shamanism in Veterinary Medicine", by Randy Kidd, D.V.M., Ph.D. (using spiritual guides to help you in everyday life) and Dr. Pitcairn D.V.M, Ph.D. and his associates lectured on the theory and ability of recognizing chronic disease.

All in all it was a wonderful conference. I just wish every veterinarian could attend!

MAILBOX



Dateline Sept. 21—Connecticut

Dear Marina,

It's been 4 months since I first contacted you concerning my allergic cocker spaniel and I am thankful for all your help! I wish I would have started him on the natural "raw" foods sooner but I guess I needed tho hit rock bottom with his ailment to "jolt" me into such a fundamental approach. For anyone who has a "healthy" animal they may not see the need but I can attest to the fact that natural raw foods are truly best for them. Maybe a little history will help them...I'll try to be brief...

We had one puppy cocker spaniel who came from a pet store and she had been such a joy—why not get her a companion? So we did, from a private breeder of show dogs. But sometimes you don't get what you expect!! Our new puppy seemed normal until he was six months old and the allergy problem was identified. (I am sure that there were warning signals but I wouldn't have known. We fed them "high" quality dry food ($ wise) but then we began a five month ordeal of trying to identify his allergens...a dry food diet of fish and potato, cortisone, blood testing—you name it, we did it.

By February '96 we began injections and visiting the vets' office weekly for habitual side effects (skin infections, scratching uncontrollably...). We controlled the ear infections early on with daily cleanings if not twice a day but as for the hair loss and the skin infections this was a losing battle. At the time I called you, his first year was not what we had expected! He was receiving weekly injections (for staph), cortisone regularly, Keflex (antibiotic), allergy injections...but he was not playful, losing hair, itchy and a night mare...my puppy was not better despite everything we were trying!

I contacted you and began natural therapies and everything else until he had his worst episode: non-responsive, slumped over and scratching uncontrollably (skin showing, drawing blood). I thought we were losing him. I knew he was expelling toxins but it was more than I expected and I knew that we had to get tough. I had one last chance...stop pumping his body full of chemicals (medications). You were right!! Cleanse his body—and that was my turning point to raw foods and natural supplements.

He has begun to rebound, he is playful, eyes are clear and he is more alert! WOW! The last two months on this diet have showed us a lot of hope and progress. I know we have more healing ahead but what a difference—no cortisone in three weeks! Each day he is stronger. We still have other challenges but we are working on it!

When people see/hear what I am feeding my dogs some are skeptical. Others understand about cleansing the body. But I say it makes sense and here is proof. I wish I would have done it sooner!

We have challenges but we won't go back to commercial food. Thanks for everything!

It's truly sad that people have to hit "rock bottom" before they turn to natural methods. This story is all too common. The insidious damage directly attributable to commercial pet foods is well documented but not well known. One day history will look back on this era and shake their heads in wonder at the power of the almighty dollar to influence people to the extent of slowly poisoning their animals. To then deliberately pump the animal full of more chemicals to try to counteract the problems arising from this poor excuse for nutrition will surly strike historians as the height of stupidity!!

Dateline Sept. 23—California

Dear Marina,

About a month ago I e-mailed you in regards to my 7 year old Boxer and a problem he had with his rear hip when walking on our nightly walks. He was having problems after resting, standing until the hip area was loosened.

You suggested that I try 'Perna" (Green Lipid Mussel) for a four week period. I bought some and have had him on it daily since.

I have to admit, shortly afterwards, he stopped having the soreness. I have not noticed a problem in the past few weeks. Our walking habits have not changed, nor has he been on any other medication.

I want to thank you for suggesting Perna. I love my baby dearly and I couldn't stand to see him in pain. Surgery was the next option. I'm glad I found your article in the Boxer Review.

Again I thank you for your suggestion. It has worked wonders so far.

I'm thankful to the 'Boxer Review' and many other fine breed publications for having the courage to print my articles. By providing a venue for our 'alternate' health care viewpoint, they have all helped to "spread the good word" and stimulated a growing interest in natural rearing that will benefit our animals.

I am working on setting up our own "Natural Rearing" website. Hopefully this will provide another venue for people to access information that will assist them to learn more about the advantages of an holistic approach to breeding and maintenance of our beloved companions.

Guess I'll have to find a remedy for "lack of time" or some way to squeeze in a few extra hours a day to do all the things I would like to do.

Dateline Sept 19—Missouri

Dear Marina,

Just wanted you to know how great the Bach Flower remedies are. In reading through my past newsletters, I noticed in the March 1995 issue, the section on these remedies. I tried your combination of the Rescue remedy, Larch and White Chestnut for the show I was attending last week.

Normally before a show I have monster butterflies in my stomach and I visit the restroom many times. I was also irritated after we showed, especially if we didn't do well. My dog can be a handful (out of control). What stress I was creating for myself and my dog.

After my dog and I used the three remedies this past weekend I just can't believe the difference! Both my dog and I were calm and not stressed and he wasn't out of control. I did not have the butterflies and I did not get upset after we came out of the ring.

It was such a change! I will use these flower remedies before every show. It sure helped me keep focused on the actual showing and not the emotional end of it.

Thanks for your recommendations, they really work.

I'm always thrilled when I get feedback on the effectiveness of these gentle remedies. They are so much better than the "Empire" drugs for handling these common, everyday situations.

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PREVENTING BACK AND SPONDYLITIS DISORDERS

Many dogs (and especially certain breeds) are prone to a variety of degenerative back disorders including intervertebral disk disease and spondylitis. Both problems are similar in nature.

Intervertebral disk disease develops when the soft, gelatinous substance between the vertebra escapes from its normal position. The cause is usually a breakdown of the ligaments that keeps the substance in place. This in turn puts pressure on the spinal cord causing acute or chronic pain and discomfort.

Spondylitis involves long term inflammation of the vertebrae. The body attempts to alleviate the problem by immobilizing spinal movements with calcium deposits. Eventually these deposits put pressure on the nerves that branch out from the spinal cord, again causing chronic pain or stiffness, eventually leading to possible paralysis.

The Julliette Levy Seminar tapes are now available. The two tape set price is $35.00 plus $5.50 shipping and handling.

I know you will enjoy the unique opportunity to see and hear this delightful talk from the worlds' foremost pioneer on herbs for animals.

Prevention, of course, is always the goal (especially with spondylitis). We all know that a raw food diet, supplemented with Vitamins E and C will go a long way in eliminating the onset of these diseases.

At a recent Homotoxicology seminar I attended in Canada, Dr. Ivo Bianchi M.D., Ph.D. lectured on Arthritic and Rheumatic disorders. Dr. Bianchi is a "Master Homotoxicologist" and has a very successful medical practice in Italy.

He reported that they have been getting excellent results in preventing spondylitis with a combination of three homeopathic remedies: Gelsemium Homaccord, Psorinoheel, and Discus Comp (given once a week).

Gelsemium Homaccord is a remedy that is well indicated for osteochondrosis of the vertebrae. Psorinoheel is a widely used remedy for chronic disease and very helpful with connective tissues. Discus Comp is again indicated for osteochondrosis, arthritis, neuralgic and rheumatic disorders of the spine. This remedy combines homeopathics as well as glandulars specific for the spine.

Dr. Bianchi also mentioned using a remedy called Funiculus Umbilicus Suis to help strengthen connective tissue—especially in treatment for cases of lax (or loose) ligaments. For those breeds that are prone to luxating platellas and problems with stifles, this remedy would be good in combination with Gelsemium Homaccord and Psorionheel once weekly for prevention. For those breeds that are prone to lax ligaments in the hip joints another remedy could be added to the formula called Cartilago Suis.

(Ed. Note: I would also recommend adding Collagen Complex once or twice a week to give specific nutritional support to all ligaments as well).

Even though I am a Certified Homotoxicologist, it is always so exciting to learn about the successful formulas being used (primarily in Europe) by the masters of this discipline. I only wish more vets would tap into this highly successful branch of homeopathic medicine.

On the same subject, while I was at the Holistic Vet Conference, I was fortunate to spend some time with Dr. Jeanie Olson, D.V.M. from Alaska. In our conversation regarding spondylitis and disc disease she mentioned that she recommends to all of her clients to use a form of accupressure down the spine of their dogs for prevention.

She teaches them to start right up at the neck and with two fingers, using slight pressure, press between each vertebrae—right down to the base of the tail. Repeat this 3 or 4 times and do twice daily. She recommends starting at 8 weeks old and to continue throughout the life of the animal.

This is such an easy technique to incorporate into a preventative program that we all should be doing this one!

DMG—DIMETHYLGLYCINE

DMG has long been used by athletes to improve overall performance and endurance, to enhance oxygen utilization, and to improve recovery after strenuous exercise. Nutritionally oriented physicians have been using DMG to deal with fatigue, to enhance blood sugar metabolism, to improve liver function and to strengthen the cardiovascular system.

The most exciting use of DMG arose from a study by the Medical University of South Carolina. It was reported in the "Journal of Infectious Diseases" that in a double blind clinical study, DMG increases antibody production by more than 400 % in humans. Just as important, DMG stimulates **both** the antibody response and cellular immunity branches of the immune system!!

The findings were later confirmed at Clemson University in a series of animal (rabbit) experiments led by a professor of microbiology. The Clemson study demonstrated that rabbits given DMG stimulated both branches of the immune system to the extent that they produced a three to five-fold increase in protective antibodies. T cell proliferation was also increased and interferon production was doubled.

DMG also acts as a detoxifying agent and antioxidant, protecting body cells from unwanted reactions caused by free radicals.

It is a form of an amino acid, extremely non-toxic, found naturally in low levels in foods like meats, seeds, and grains. It is a versatile normalizer of several physiological functions and is worthwhile considering as a nutritional supplement for any immune function problem.

Researchers have also found it to be useful in regulating blood sugar metabolism thus it can certainly help with diabetes and hypoglycemia problems.

Very few substances stimulate both branches of the immune system and with the ever growing problems we are seeing with compromised immune function in our animals, this is definitely a product you want to keep in mind.

ACEMANNAN (ALOE VERA EXTRACT)

The gel of the aloe vera plant has been known to have healing powers for centuries. Practically everybody is aware of aloe vera gel for treating burns, skin inflammation etc. In higher concentrations, (60 to 90 %) aloe vera extracts can eliminate dozens of harmful bacteria.

We now know that one of alo vera's active ingredients is the complex carbohydrate called "acemannan". This ingredient has been shown to be an effective treatment for several forms of viruses and it also enhances the capabilities of the immune system.

Acemannan's exact mode of action isn't yet fully understood. Research shows, however, that it activates several types of white blood cells within the immune system. It plays a role to increase amounts of tumor necrosis factor, gamma interferon and interleukin 1, all of which increase the body's ability to destroy viruses, bacteria and tumor cells.

Its potent effects have been demonstrated in studies for treatment of feline leukemia. This disease is attributed to a retrovirus (FeLV) and is usually considered lethal. Statistics show that 40 % of infected cats die within four weeks of exhibiting clinical symptoms of the disease and 70% within eight weeks. Several studies have shown that acemannan can dramatically change the course of this disease.

In one trial 49 cats were divided into one of three groups and given acemannan for a 12 week period. The three groups received the acemannan intravenously, orally or by injection.

Thirteen cats died during the 12 week period. Remarkably, 36 of the 49 were alive five to 19 months following the start of the study.

Another study suggests that acemannan could be an excellent adjunctive treatment for cancer. Forty three cats and dogs with spontaneous tumors were administered acemannan by injection. In 26 of the animals the tumors showed distinct positive changes. Twelve of these animals had obvious shrinkage, encapsulation and liquefaction or actual death of the tumor.

Acemannan is considered a drug and currently is approved in this country for veterinary use only. The USDA has granted the manufacturer a license to market the injectable drug for the treatment of feline leukemia in cats and fibrosarcomas in cats and dogs. It is considered safe and generally without side effects.

Acemannan extracts may be relatively expensive, but they provide another natural method of dealing with serious viral, fungal and bacterial problems. Don't forget that the widely available aloe vera gel also contains acemannan in amounts high enough to be therapeutic (providing of course that you do your homework on the quality of the product purchased).

This issue marks our 2nd Anniversary of publishing the Natural Rearing Newsletter. During the past two years we have brought you some basic information on holistic health care for our animals along with a few insights concerning the separation of facts from fiction.

The growth of interest (particularly in the last two or three years) in more natural ways of caring for ourselves and our companions has been remarkable. I read recently that 1/3 of all Americans have admitted to using some form of alternative health care (even if it isn't covered by medical insurance). Hopefully the pattern will continue to increase as more and more people recognize the desperate need to "take charge" of their own medical needs.

Somewhere during this century we lost sight of the advantage of 'prevention' over 'treatment' and must regain a balance that will serve generations to come.

Education is the key and under the present circumstances this means 'self' education. I hope the articles we have printed have served to give you at least a start in the right direction.

I have just returned from another 4 day seminar on "Nutritional Therapy" and in future issues will bring you lots more information on new (and old) research that is both exciting and applicable to our everyday lives.

I'm also on the track of a new, simple, safe, treatment for heartworm. Tell you more about it as soon as I can confirm a few things. Meantime—take care out there.